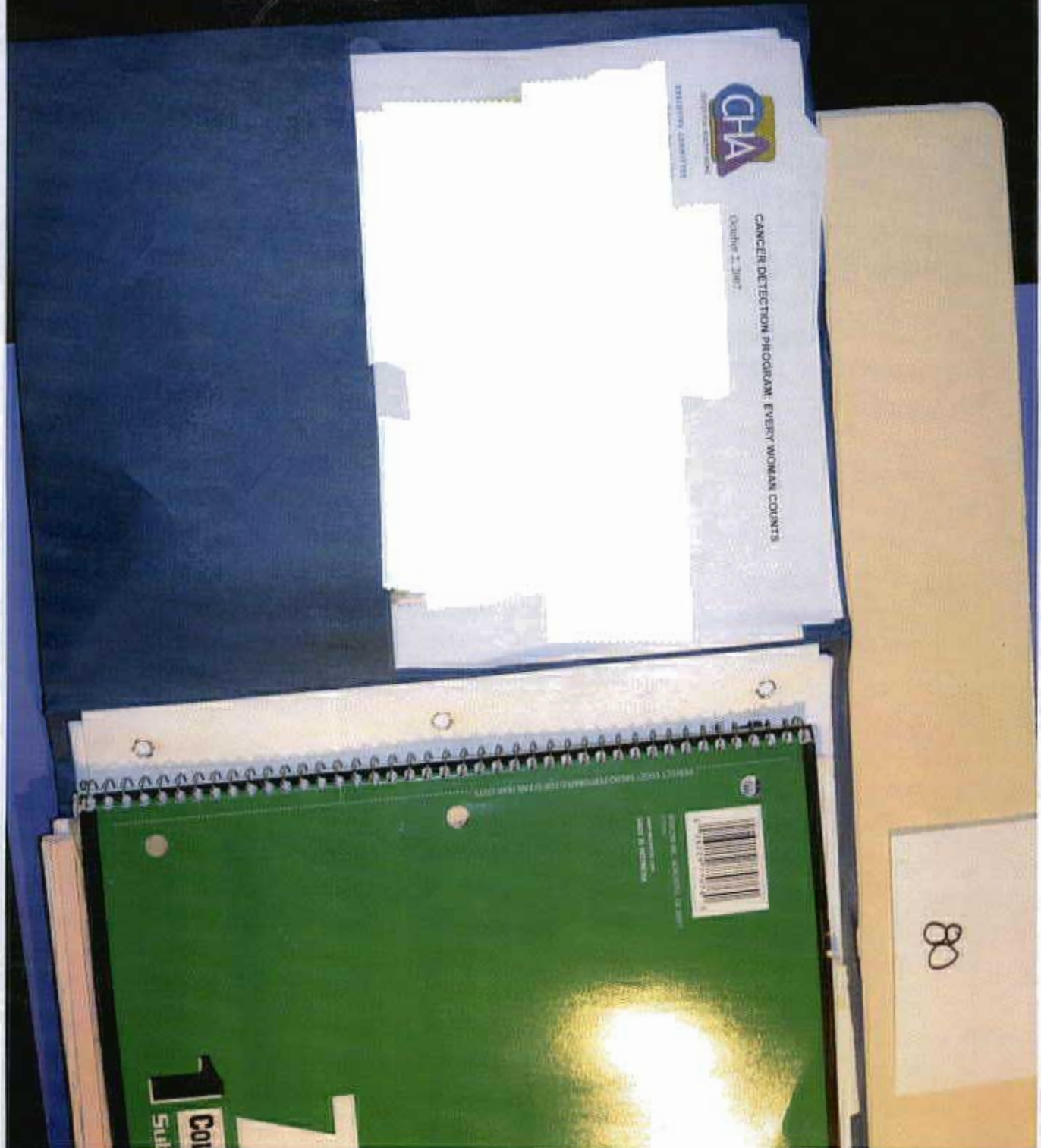


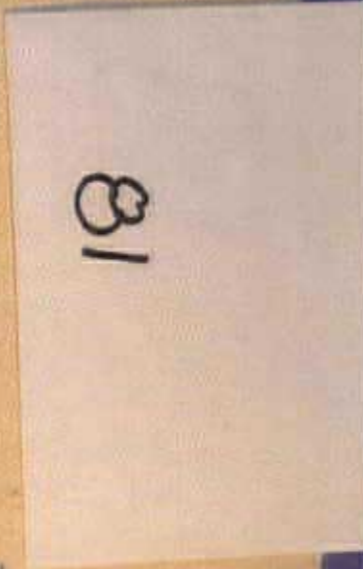
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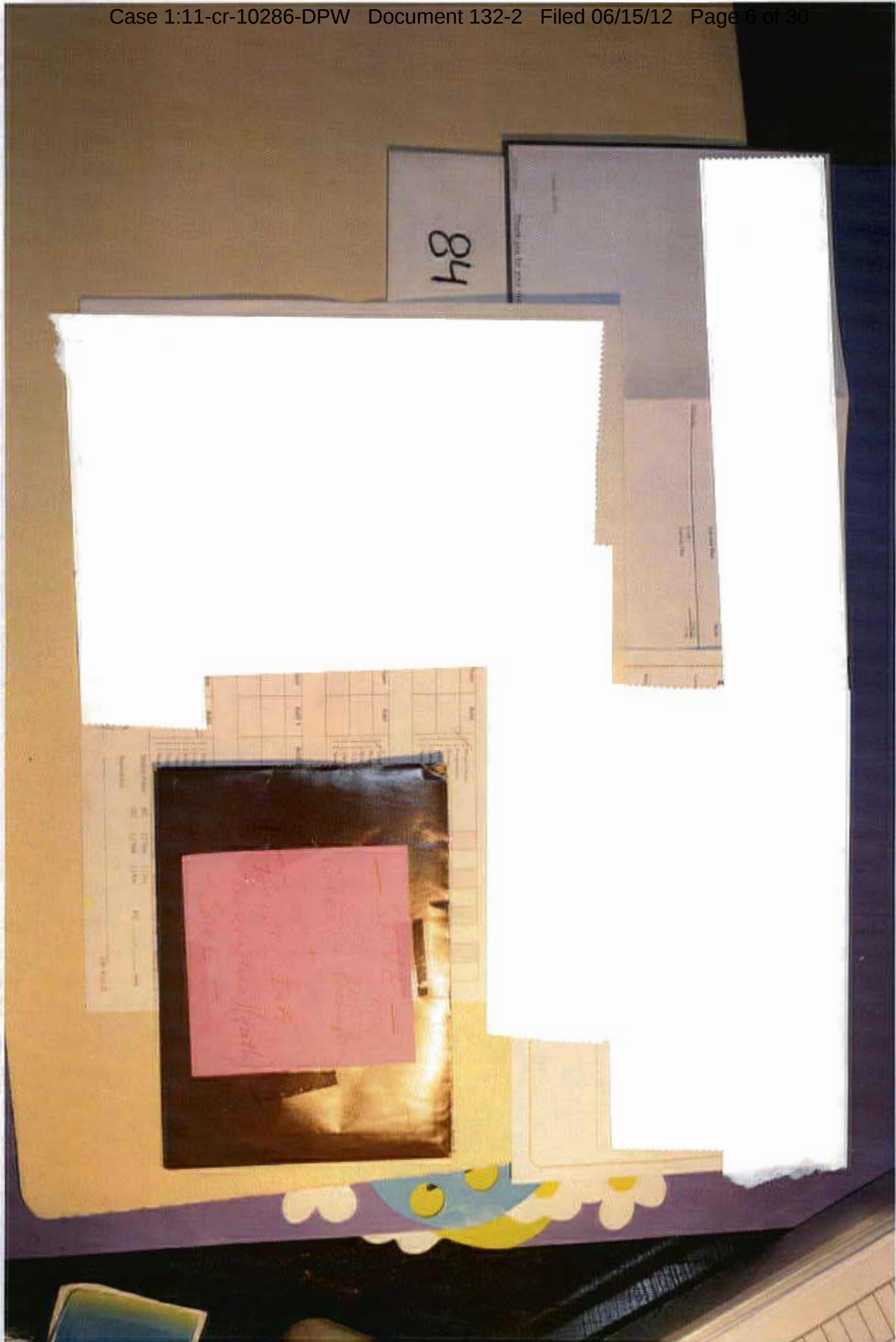






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85

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Van Nuys, CA 91411
Tel: (818) 390-9531 Fax: (818) 390-9531

Welcome to Yahoo!

Page 1 of 1

YAHOO! Mail 

Yahoo! Mail

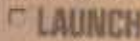
Welcome to Yahoo!

A confirmation message has been emailed to your Yahoo! Mail address.

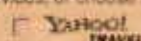
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Your New Yahoo! Mail Address

Newsletters - Click here to edit your Marketing Preferences. You can select and customize the categories of communications you receive about Yahoo! products and services, or choose to opt-out of each.



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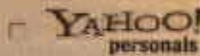
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88

The DASH Diet Eating Plan

The DASH Diet Eating Plan

Home • The DASH Diet Book • DASH Diet Recipes • Healthy Links • DASH Diet Tools • News Alerts



The DASH diet is recommended to many people with hypertension, high blood pressure, or cardiovascular disease by their physicians. The DASH diet eating plan has been proven to lower blood pressure in studies sponsored by the National Institutes of Health (NIH).

Approaches to Stop Hypertension. The DASH diet is based on an eating plan rich in fruits and vegetables, and low-fat or non-fat dairy. The full DASH diet plan is shown below. New research continues to show additional health benefits of the plan.

In addition to being recommended by your physician, the heart healthy DASH diet is also recommended by:

- The National Institutes of Health
- The American Heart Association
- The 2005 Dietary Guidelines for Americans
- US guidelines for treatment of high blood pressure
- And, the DASH diet formed the basis for the new USDA MyPyramid.

The DASH eating plan has been proven to **lower blood pressure in just 14 days.** DASH response came in people whose blood pressure was only moderately high, including those with prehypertension. For people with more severe hypertension, who may not be able to eliminate medication, the DASH diet can help improve response to medication and help lower blood pressure. The DASH diet can help lower cholesterol, and with weight loss and exercise can reduce insulin resistance.

The book, *The DASH Diet Action Plan*, provides real life solutions to make it easy for people to follow the heart healthy DASH diet. It has 28 days of meal plans (with adjustments for various calorie levels), recipes, guidance for weight loss, how to eat at restaurants, fast food places, etc. and still stay on track. It shows you how to organize your kitchen for the DASH diet, how to read food labels to make good choices.

<http://dashdiet.org/>

The new edition...



The heart healthy DASH diet book \$21.95 direct from the publisher.

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Carol -
Thanks for
the rec.
Gave cc to
Paul!
Love, Mee

7/23/2008

Dr. David LAHANA
Beverly Hills, CA.

Rich Burns

89



Bank of America



ATM Envelope

Please
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2. Enclose payment coupon
3. Seal this envelope

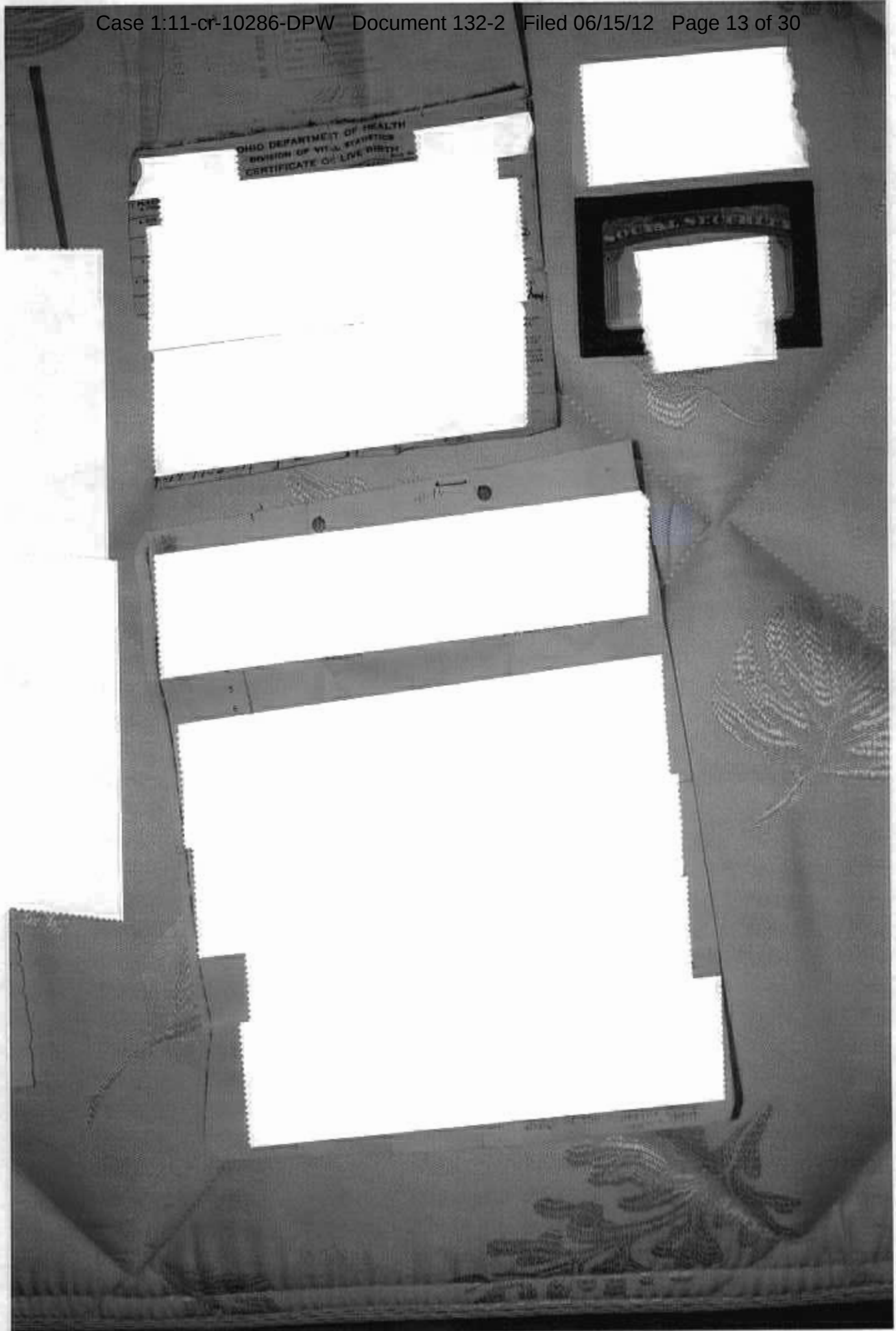
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All transactions are subject to proof and verification.

90







Form 8-12
1966-67



The Commonwealth of Massachusetts
DEPARTMENT OF HEALTH AND HUMAN SERVICES
STATE DEPARTMENT OF PUBLIC HEALTH
BUREAU OF VITAL RECORDS AND STATISTICS

A 572112

REGULAR CARD
MASSACHUSETTS
DATE OF BIRTH CERTIFICATE: APRIL 15, 1979

STANDARD
CERTIFICATE OF BIRTH



EMPLOYEE ID CARD



I, the undersigned, hereby certify that I am the Registrar of Vital Records and Statistics; that as such I have custody of the records of birth, marriage, and death required by law to be kept in my office; and I do hereby certify that the above is a true copy from said records. WITNESS my hand and the SEAL OF THE DEPARTMENT OF PUBLIC HEALTH at Boston on the date inscribed hereon:

AUGUST 6, 1926

Elaine B. Trueman
ELAINE B. TRUUMAN
Registrar

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SHERMAN, CA 94704

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LICENSING DIVISION

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TIME: 10:00 AM
OFFICE: 1000

LOS ANGELES, CALIF

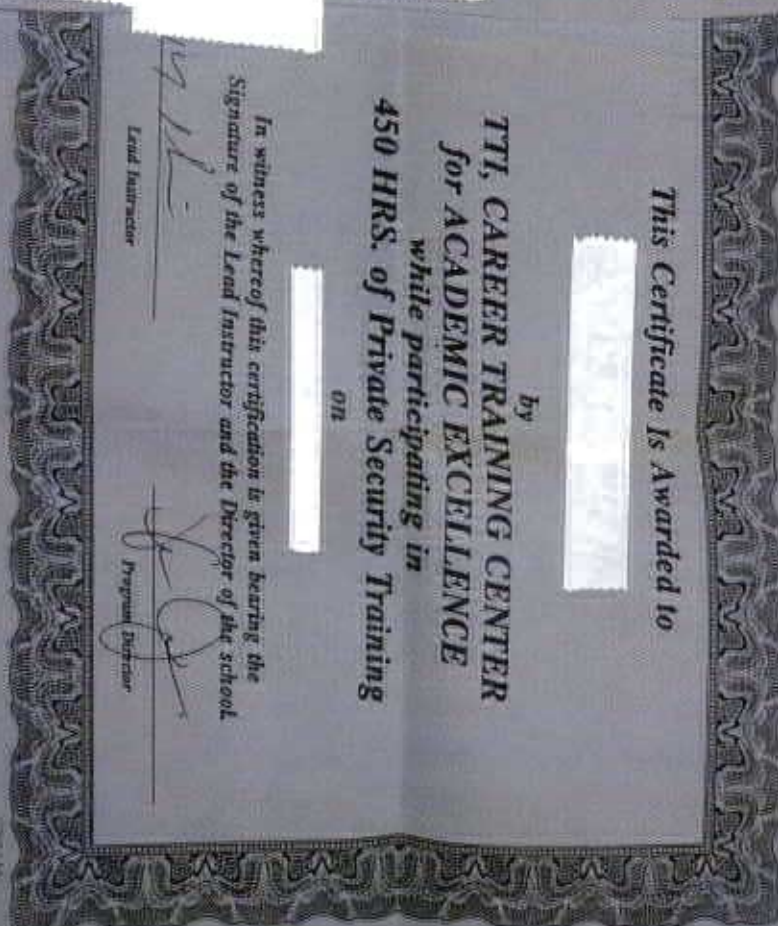
1000 D. L. 1000

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THE CITY OF NEW YORK
DEPARTMENT OF HEALTH
BUREAU OF VITAL RECORDS

CERTIFICATION OF BIRTH





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SALE DEPOSIT AND LEASE - PROPERTY OF THE LESSOR
Lease Agreement

LESSOR'S NAME

This document is the sole deposit for the property of the Lessor, and the Lessor agrees to return the property to the Lessor upon the expiration of the term of the lease.

SIGNATURE OF LESSOR

Do Not Surrender

I hereby certify that the property is in the possession of the Lessor, and the Lessor agrees to return the property to the Lessor upon the expiration of the term of the lease.

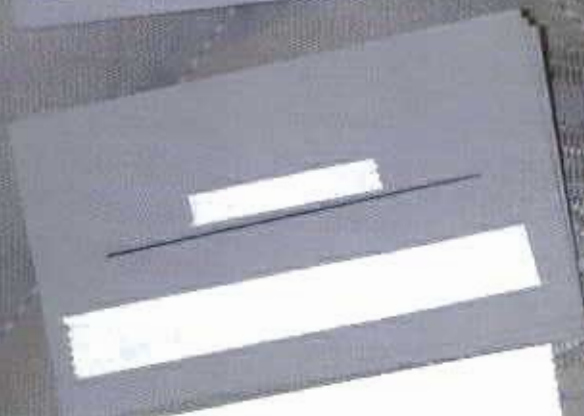
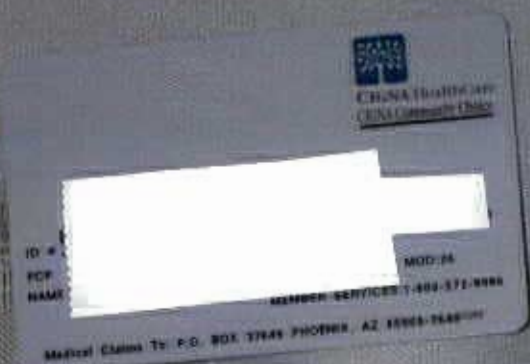
- ☐ A. The property is in the possession of the Lessor, and the Lessor agrees to return the property to the Lessor upon the expiration of the term of the lease.
- ☐ B. The property is in the possession of the Lessor, and the Lessor agrees to return the property to the Lessor upon the expiration of the term of the lease.
- ☐ C. The property is in the possession of the Lessor, and the Lessor agrees to return the property to the Lessor upon the expiration of the term of the lease.

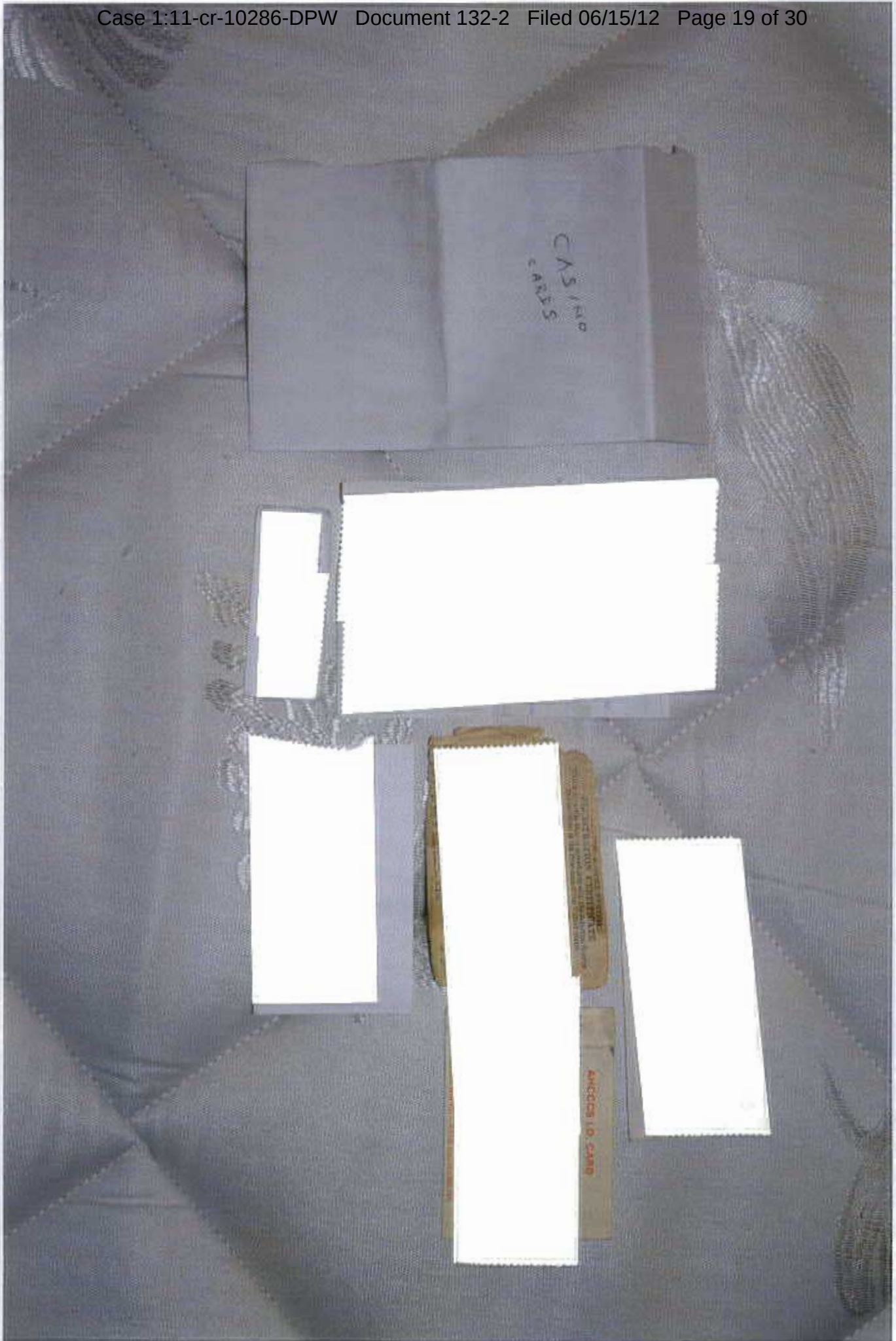
If the Lessor has received the property, I hereby certify that the property is in the possession of the Lessor, and the Lessor agrees to return the property to the Lessor upon the expiration of the term of the lease.

STATE OF ARIZONA

By _____

Signature of Lessor







This is to certify that the person named above has successfully completed a training program offered by TTI Career Training Center.



Director

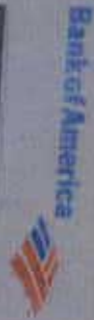


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Entity MES, EC 0000218	TLR 00012	
Account	44444446661	
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Deposit		\$759.95
Account Balance		1,771.86
Available Balance		1,111.91

VIR 115 200M (3/09) P.O. NO. M2181300

DOCUMENT NO. [REDACTED]

THE CITY OF NEW YORK

DEPARTMENT OF HEALTH

VITAL RECORDS

CERTIFICATION OF BIRTH

This is a certification of name and birth facts on file in the Bureau of Vital Records, Department of Health, City of New York.

DATE OF BIRTH	[REDACTED]	CERTIFICATE NO.	[REDACTED]
MANHATTAN	DATE	[REDACTED]	[REDACTED]
NAME:	[REDACTED]	[REDACTED]	[REDACTED]
SEX:	MALE	[REDACTED]	[REDACTED]
MOTHER'S MAIDEN NAME:	[REDACTED]	[REDACTED]	[REDACTED]
FATHER'S NAME:	[REDACTED]	[REDACTED]	[REDACTED]

Steven P. Schwartz
STEVEN P. SCHWARTZ
CITY REGISTRAR



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of training for Year Gas/Pepper Spray on

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is given bearing the signature of
the State licensed certification instructor

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[Signature]

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